

Handout 5.1: *Competitive Foods Bingo, Answers*

Criteria for portion size/calories For a la carte, not to exceed NSLP portion; all others not to exceed 200 calories	Foods exempt from the total fat criteria Nuts, seeds, nut butters, and reduced-fat cheese	Competitive food documentation for Gold applications List of competitive foods, food labels, and recipes	Maximum fluid ounces of milk and juice that can be sold For milk, 8 fl oz; for juice, 6 fl oz. in elementary and middle, 8 fl oz. for high schools	Criteria for sodium for side item for Bronze/Silver/Gold 480 mg sodium or less
Why criteria set for individual foods Competitive foods are purchased individually, rather than balanced over the week	Total fat limit 35% or less of calories from fat	Kinds of juice that can be sold? 100% full strength fruit and vegetable juices; no sweeteners	Food exempt from the saturated fat criteria Reduced-fat cheese	Criteria for holiday and birthday parties They are exempt
Kinds of milk that can be sold Only 1% and fat-free	Kinds of water that can be sold Only non-flavored, non-sweetened (nutritive or non-nutritive; caffeine-free)	FREE SPACE	Sodium limit for main dish/entrée for Bronze, Silver, Gold 600 mg sodium or less	Time and place of competitive food criteria for Gold Awards Throughout the school campus; anytime during the school day
Criteria for <i>trans</i> fat Less than 0.5 g of fat (FDA definition of <i>trans</i> fat free)	Time and place of competitive food criteria for Silver/Bronze During meal period in the foodservice area(s)	Menu item exempt from competitive foods criteria Second or extra sales of entrée offered with lunch	Food ingredients ending with “ose” generally have added _____sugar_____	Criteria for added sugars 35% or less of weight of food can be added sugar
Foods exempt from sugar criteria Fruits, vegetables, and milk	Competitive food documentation for Silver/Bronze applications List of foods, food labels &/or recipes sold in cafeteria during meal periods	Sodium limit for main dish/entrée for Gold Award of Distinction 480 mg of sodium or less* <i>*If 150 minutes of PE offered in elementary schools, sodium is limited to 600 mg</i>	Sodium limit for side items for Gold Award of Distinction 200 mg of sodium or less	Criteria for saturated fat Less than 10% of calories from saturated fat

Handout 5.2: *Does Your Food Meet the HUSSC Competitive Foods Criteria?* Activity, Answers

Food	Portion Size/Calories, same portion as NSLP or ≤ 200 calories	Calories from Total Fat ≤ 35%	Calories from Saturated Fat < 10%	Trans Fat Free or < 0.5 g	Sodium (mg)	Sugar by Weight ≤ 35%	Food Meets the HUSSC? (Y/N)
1. Honey Graham Crackers	59	15%	0	0	85 mg	29%	Yes
2. Flavored Tortilla Chips	150	48%	9%	0	180 mg	4%	No; too high in fat
3. Snack Mix-Baked	100	27%	5%	0	210 mg	9%	Yes for Bronze, Silver, and Gold Awards; no for Gold Award of Distinction
4. Soft Snack Cakes	340	40%	9%	0	200 mg	44%	No; too high in fat, sugar, calories
5. Cereal Bar-Blueberry	140	19%	3%	0	105 mg	35.1 or 35%	Yes
6. Oatmeal Bar-Breakfast Bar	220	16%	4%	0	230 mg	32%	No, too high in calories
7. Oatmeal Bar-Breakfast Bar	140	16%	3%	0	150 mg	32.5 or 33%	Yes; meets the Gold Award of Distinction sodium levels
8. Strawberry Yogurt, Low-Fat	100	18%	9%	0	55 mg	12%	Yes; meets the Gold Award of Distinction criteria
9. Pizza, Whole Grain with Cheese	280*	30%	13%*	0	600 mg	2%	While product exceeds calories and saturated fat, if portion size same as NSLP, exempt from calories. Because it is made from reduced-fat cheese, exempt from saturated fat criteria. If on reimbursable lunch line and sold as 2 nd serving, exempt.

Handout 5.16: *Ingredient Sources of Dietary Components to Limit* Activity, Answers

Match the recipe ingredients on the left to the dietary component on the right. There may be more than one correct match.

	Recipe Ingredients	Dietary Components to Limit
<u> c </u>	Granulated sugar	a. <i>Trans</i> fat
<u> b </u>	Soy sauce	b. Sodium
<u> d </u>	Lard	c. Added sugars
<u> c </u>	Honey	d. Saturated fat
<u> b </u>	Worcestershire sauce	
<u> b </u>	Pickles	
<u> c </u>	Brown sugar	
<u> b </u>	Spaghetti sauce	
<u> b </u>	Monosodium glutamate	
<u> b </u>	Seasoning salts	
<u> b </u>	Ketchup	
<u> a,d </u>	Shortening or partially hydrogenated vegetable oil	
<u> b </u>	Canned soups or broths	
<u> b,d </u>	Cheese (regular)	
<u> c </u>	Molasses or syrup	
<u> b </u>	Canned vegetables	
<u> b </u>	Salted or cured meats	
<u> b </u>	Tomato sauce and paste	
<u> d </u>	Whole or reduced-fat (2%) milk	
<u> b </u>	Chips	